





SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-DECEMBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			To reserve a meal Call 763-7428 by noon the day before			1	Grape Juice Turkey Stew w/Potatoes Garden Salad Greens w/Tomatoes & Cucumbers Ranch Dressing Wheat Dinner Roll Fresh Orange	2	Orange Juice Meatloaf w/Gravy Egg Noodles Broccoli & Cauliflower 100% Whole Wheat Bread Apple Oatmeal Bar
5	NATIONAL COOKIE DAY! Pineapple-Orange Juice Lemon Chicken Parslied Boiled Potatoes Summer Squash Wheat Dinner Roll Homemade Cookie	6	Fruit Punch Seafood Salad on Wheat Bun Baked Sweet Potato Shredded Lettuce Fresh Orange	7	Mediterranean Soup Orange & Cumin Rubbed Pork Carnival Rice Spinach Saltines Fresh Apple	8	Salisbury Steak Italiana Parslied Bowties Italian Green Beans\ Oatnut Bread Sliced Peaches	9	Apple Juice Rosemary Chicken Whole Baby Carrots Garlic Smashed Potatoes 100% Whole Wheat Bread Fresh Banana
12	Stuffed Cabbage w/Marinara Sauce Rice Romano Beets Oatnut Bread Fresh Apple	13	Hearty Vegetable Soup Hot Dog Baked Beans Sauerkraut Mustard/Ketchup/Relish Hot Dog Roll Pineapple Tidbits	14	CRT HOLIDAY MEAL Cran-Apple Juice Stuffed Chicken Breast w/Gravy Seasoned Baby Potatoes Vegetable Medley Margarine Special Dessert	15	Apple Juice Tuna w/Noodles Casserole Peas & Diced Carrots 100% Whole Wheat Bread Fresh Orange	16	Baked Ham w/Raisin Sauce Scalloped Potatoes Scandinavian Blend Vegetables 12-Grain Bread Sliced Peaches
19	Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Broccoli Florets 100% Whole Wheat Bread Blueberry Pomegranate Bar	20	Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange	21	Roast Turkey w/Gravy Cornbread Stuffing Prince Edward Blend Vegetable Cranberry Sauce Oatnut Bread Fresh Apple	22	Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges	23	CLOSED IN OBSERVANCE OF HOLIDAY
26	CLOSED IN OBSERVANCE OF HOLIDAY	27	Orange Juice Stuffed Pepper Mashed Potatoes Bias Cut Carrots 12-Grain Bread Fresh Apple	28	Apple Juice Alaskan Pollack w/Seafood Sauce Rice Pilaf Broccoli Normandy 100% Whole Wheat Bread Lemon Pudding w/Whipped Topping	29	Six Bean Soup American Chop Suey Italian Blend Vegetables Mixed Salad Greens w/Cherry Tomatoes & Cucumbers Raspberry Vinaigrette Dressing/Wheat Bread Sliced Peaches	30	Roast Turkey w/Gravy Cut-Up Sweet Potatoes Turnips Cranberry Sauce Wheat Dinner Roll Fresh Orange

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)